Supplementary Material

Low carbohydrate intake associates with trends of insulin resistance and metabolic acidosis in healthy lean individuals

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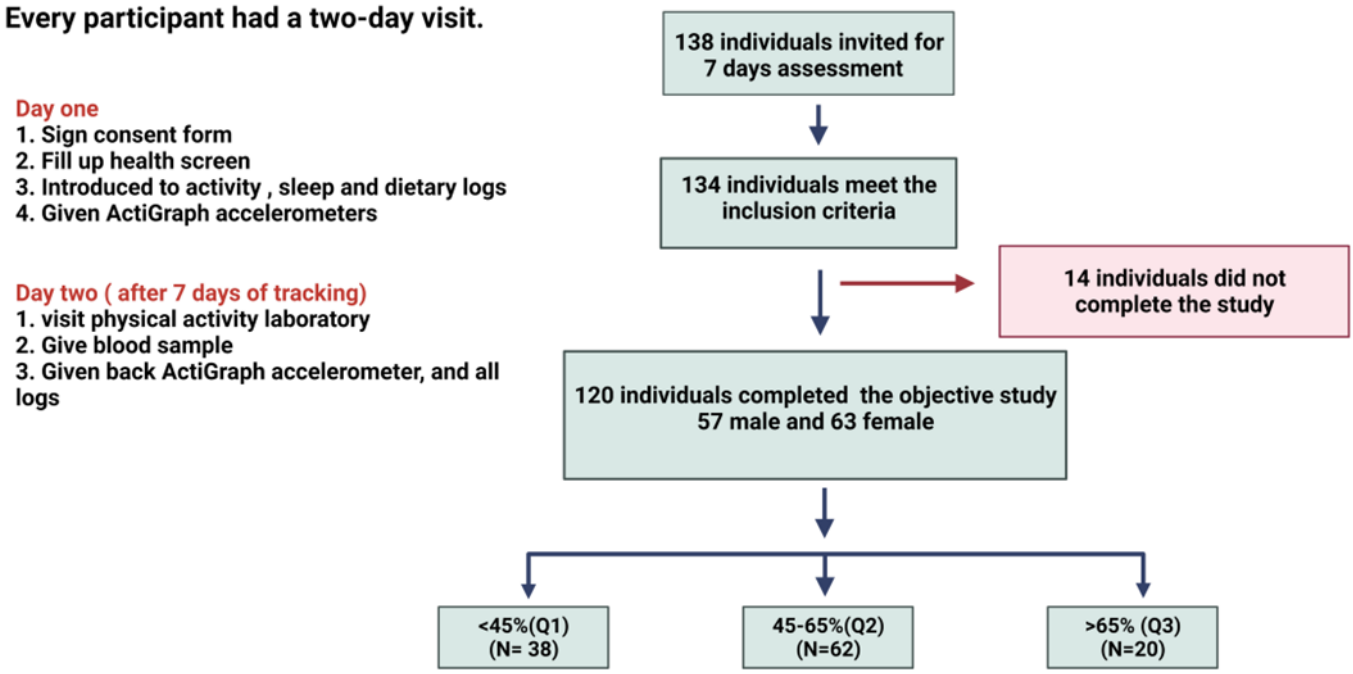
1 Supplementary Data

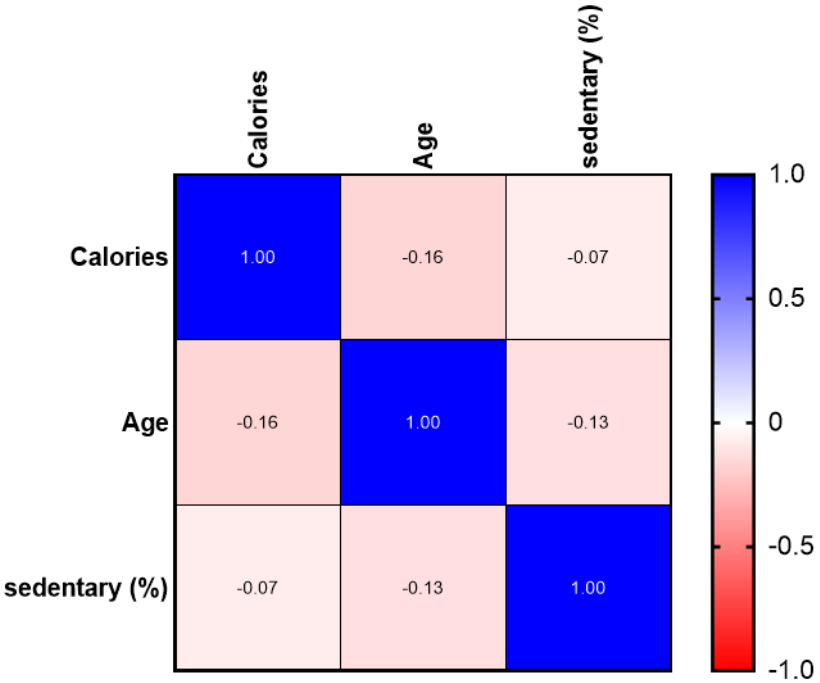
1.1 Supplementary Figures

Supplemental Figure. 1

(A) Illustration diagram for the study design



(B) Data adjusted for age sex, total energy intake and physical activity using spearmen correlation



Supplementary Figure 1 Self-reported dietary logs from 120 participants were analyzed and divided three categories according to their carbohydrate intake. Low carbohydrate (LC) (those consuming less than 45% of daily energy percentage), recommended range of carbohydrate (RC) (those consuming less than 45- 65% of daily energy percentage) and high carbohydrate (HC) (those consuming higher than 65% of daily percentage) (A) Flow chart of participant recruitment. (B) Collected data were adjusted for age sex, total energy intake and physical activity using spearmen r correlation**.**